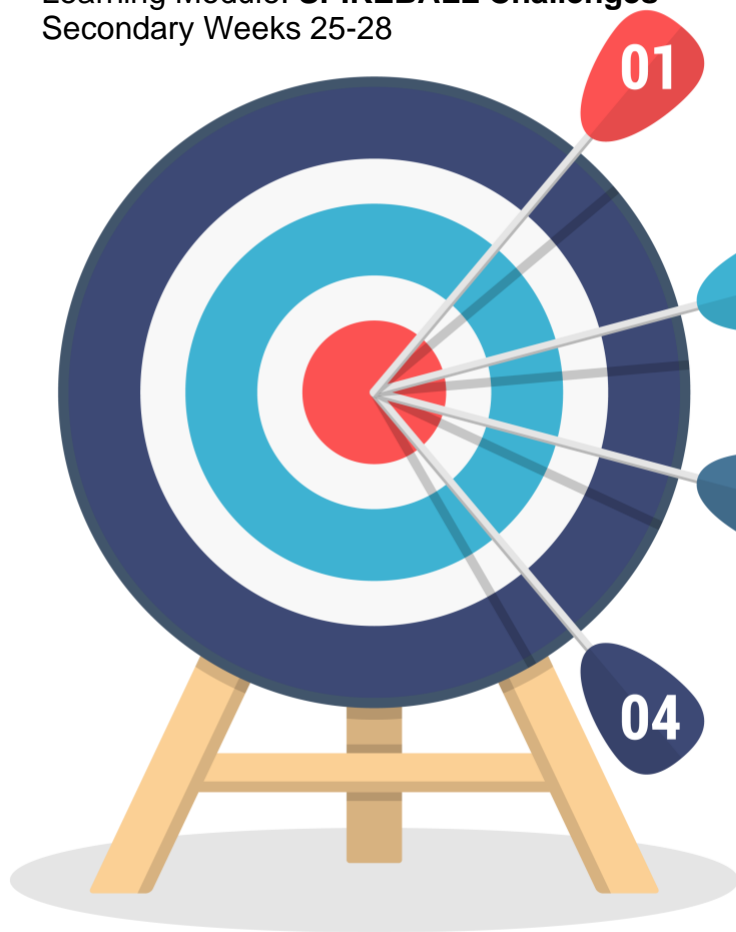




Learning Module: **SPIKEBALL Challenges**
Secondary Weeks 25-28



Healthy Body

I will participate in health-enhancing physical activity for at least 60-minutes each day.

Healthy Mind

I will reflect on the SEL concepts of determination, courage, and passion.

Enjoyment & Challenge

I will participate in purposeful and challenging practice in an effort to improve my skills.

Building Skills

I will participate in Roundnet skill-building and practice activities to improve passing, hitting, and serving skills.

Why are we learning this?

Roundnet is the popular sport played with Spikeball equipment. This module is designed to help students build basic Roundnet skills while preparing them for participation in OPEN National Field Day. Students will also reflect on important emotional concepts with a focus on empowerment. They will:

- Learn and practice basic skill-building activities and drills with a focus on improving your passing, hitting and serving skills.
- Reflect on the concepts of determination, courage, and passion.